

# Spicy Carrots and Squash

Rating: ★★ ★

Makes: 4 servings

## Ingredients

**2 cups** carrots, cut into 2 inch sticks  
**1 1/2 cups** squash, cut into 2 inch sticks  
**1 teaspoon** vinegar  
**1/8 cup** vegetable broth, fat free  
**1 teaspoon** brown sugar  
**1 1/2 teaspoons** Dijon or spicy mustard

## Directions

1. Wash, peel and cut carrots. Wash and cut up squash.
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth, if necessary, to keep from burning.
4. Stir vinegar, brown sugar and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

Connecticut Food Policy Council, Farm Fresh Summer Recipes

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	50	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	11 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	100 mg	4%